

DECISIONAL BALANCE WORKSHEET

Date: _____

Instructions:

- Work with the client to document the gains and potential losses that he or she might experience when making a lifestyle change.
- Identify and list the recommended implementation strategies needed to achieve the gains and list coping strategies that can be used to deal with the potential losses or obstacles associated with the change.

Perceived gains associated with adopting desired behaviors

1. _____
2. _____
3. _____
4. _____

Strategies to maximize potential for achieving gains

1. _____
2. _____
3. _____
4. _____

Perceived losses associated with adopting desired behaviors

1. _____
2. _____
3. _____
4. _____

Strategies to minimize potential of perceived losses

1. _____
2. _____
3. _____
4. _____